



FRIENDS OF THE  
NEEDHAM ELDERLY, INC.

# Senior Compass

MASSACHUSETTS' FIRST ACCREDITED SENIOR CENTER.  
NATIONALLY ACCREDITED SINCE OCTOBER 1999

Stephen Palmer Senior Center • 83 Pickering Street • Needham, MA 02492 • Phone 781-455-7555 • Fax 781-455-7599 • [www.needhamma.gov](http://www.needhamma.gov)  
Newsletter printed & mailed by the Friends of the Needham Elderly, Inc.

## Friends Board Members

Jan Dorsey and Pat White,  
Co-Chairs

Sylvia Shuman  
Secretary

Eileen Ford  
Treasurer

Isabelle Avedikian  
Ann DerMarderosian

Carol Ditmore

Jay Kaplan

Betsy Tedoldi

Roma Jean Brown  
Ex Officio

## TRIPS

The trip program is well underway; we had a wonderful day at Tower Hill, seeing all the beautiful flowers, gardens and lovely setting they present. On June 25th we are returning to the Village restaurant in Essex for some wonderful seafood for which they are famous, and then a guided tour of the entire Harbor area. This guide is a native of the North Shore area and gives a very interesting history of the area. Please give yourselves a treat and join us on this Trip, June 25th, the cost is \$59. Please call Jeanne Blakeney at the COA, Tues, Wed, Thurs, 9:30-3:30 pm, 781-455-7555.

## IT'S FRIDAY, ENTERTAINMENT LIVE WITH RON GOLDMAN Friday, June 19th • 1:30 pm

At the Needham Senior Center

*There is no fee for this program.*

*Sign-up is required, call 781-455-7555.*

Singer-guitarist Ron Goldman performs music with insight, energy, sensitivity, and humor. He has the versatility to use many styles with equal persuasion and creates moods ranging from introspection to celebration. Ron performs a wide variety of popular music from the last hundred years by singers such as Tony Bennett, Ray Charles, Frank Sinatra, Judy Garland, Elvis Presley, Bing Crosby, Sammy Davis, Jr., Barbra Streisand, Ella Fitzgerald, Stevie Wonder, Johnny Mathis, and many others. Ron has played nationally in nightclubs, restaurants, residential communities, expositions, public festivals, and private functions. Audiences warmly appreciate this imaginative and talented entertainer.

## ART HISTORY, "SURREALISM"

**Wednesday, June 3rd • 10:30 am**

Location: Offsite at

Avery Crossings • 110 West Street

*A suggested cost of \$4.00 is appreciated.*

What is real? What is a dream, a nightmare, a fantasy? Many artists make visual what many can only imagine. The Surrealists' view of the world was sometimes dark, curious, even frightening, exploring the subconscious and the irrational. But also they reveal curiosity, much humor, and the poetic hint of possibility. Touch your inner eye; brave the world of the Surrealists. We thank Avery Crossings for sponsoring this event.

## BOOK REVIEW "THE RED LEATHER DIARY" BY LILY KOPPEL

**Monday, June 8th • 1:30 pm**

At the Needham Senior Center

*A suggested cost of \$4.00 is appreciated.*

For more than half a century, *The Red Leather Diary* languished inside a steamer trunk. Rescued from a Manhattan dumpster, it found its way to Lily Koppel, a young journalist, who opened its tarnished lock and journeyed into glamorous 1930's New York City filled with entries by a young woman named Florence Wolfson. Intrigued, Koppel sets out to track down Wolfson, now ninety years old, and finds her alive and well in Pompano Beach, Florida. The pair have traveled all over the United States thrilling audiences with their amazing story! Our reviewer, Gail Rice, is a former teacher who professionally speaks to groups, reviewing the most interesting books of today.





COUNCIL  
ON AGING  
Needham

**Council on Aging  
Chairperson**  
Susanne Hughes

**Staff**

Jamie Brenner Gutner  
*Executive Director*

Sherry Jackson, MSW, LICSW  
*Associate Director*

LaTanya Steele  
*Social Worker, BSW*

Barbara Falla, LICSW  
*Social Worker*

Paula Angell, MSW

Penny Gordon, BA  
*Volunteer and Transportation  
Program Coordinator*

Dorene Nemeth, MBA  
Denise Roskamp, MD  
*SHINE*

Jeanne Blakeney  
*Trips*

Clif Holbrook &  
Elwyn Cotter  
*Van Drivers*

Won Whang  
*Building Monitor*

**Advisory Board  
Members**

Adele Chang

Ed DeMarrais

Ann DerMarderosian

Jack Donna

Marjorie Gaultitz

Miriam Kronish

**The mission of The  
Needham Council on  
Aging is to respond to  
its older residents'  
needs by providing a  
welcoming, inclusive,  
and secure environment  
where individuals and  
families benefit from  
programs, services and  
resources that enhance  
their quality of life and  
provide opportunities  
for growth.**

## DEAR FRIENDS,

We have great news! Nancy Madden Wetherell has volunteered to replace Mary O'Connor as the new Boutique Manager, and brings a great deal of talent and experience to this position. She will undoubtedly request your help in the future and we hope you will give her your support. All proceeds from the boutique go to the Friends.

This is the first issue of the *Senior Compass* that has been distributed from the new database and we want to thank you so much for your cooperation! With your help, we have cut our distribution costs considerably. If you did not receive the *Senior Compass* in the format that you requested (e-mail or hard copy) or have received a copy in error and do not wish to have it delivered in the future, please let us know. You can send an e-mail to [needhamfone@comcast.net](mailto:needhamfone@comcast.net) or call the Senior Center at 781-455-7555. Also, if you hear that someone wanted the *Compass* but did not receive it, please urge them to contact us.

*Pat + Jan*

### FRIENDS OF NEEDHAM ELDERLY DONATIONS

#### GENERAL DONATIONS

- Joyce Bent
- Lisa Cadigan
- Lily Chiu

- Alvera B. Emanuello

- Catherine Flaherty
- Thomas & Clare Hourihan
- Marjorie Koebler

- Eileen MacQuarrie

- Mary & William Ridell
- Barbara Smith
- Marjorie Tucker

## DEAR FRIENDS,

As you know the Needham Council on Aging is charged with serving Needham's 60+ population and their families, by addressing diverse aspects of aging service interests, concerns and needs in order to promote a quality of life for our residents that is optimal in an environment that fosters independence. The functions of the department are not confined by walls. We fulfill our mission by delivering programs and services in a variety of places, and wherever needed throughout the town. Some of the services and programs provided to meet the goals of the Council on Aging Department include, but are not limited to: outreach and counseling services, advocacy, transportation, daily meals, information and referral, health benefits counseling, volunteer opportunities, health & wellness information and screening, creative and social classes, educational programs, special events and trips, and a drop-in center for socialization, independent activities and learning opportunities.

Teamwork is often defined as a cooperative effort by the members of a group to achieve a common goal. If we are successful at all in meeting our challenge it is because we work together to make it happen. It is with respect and thanks that I mention that our department could not begin to fulfill our role in the community without the dedicated professionals and volunteers that make up the Council on Aging. With this in mind I wish all of you a Happy Summer!

*Jamie*

### COUNCIL ON AGING DONATIONS

#### GENERAL DONATIONS

- Katherine Basler
- Catherine Carr
- Mary Craft
- Sally Dugan

- Willard Hicks Jr.
- Barbara Pedersen
- Anna Venable

#### IN MEMORY OF

- Leo and Marie Treggiari in  
Memory of Ken Monteith
- Edward Lambert Jr. in  
Memory of Edward Lambert

## MONDAY'S LUNCH BUNCH

Meet at the Needham Senior Center

*To sign-up call 781-455-7555.*

**Monday, June 1 – Chateau, Norwood**

**Monday, June 8 – Legal Seafood, Chestnut Hill**

**Monday, June 15 – The Wok, Wellesley**

**Monday, June 22 – No lunch bunch**

**Monday, June 29 – Aegean, Framingham**

Due to the increased interest in our LUNCH BUNCH program, please be sure to SIGN UP in advance for the lunch you want to attend. The suggested donation of \$5.00 to cover expenses will be collected on board the van, and then you will pay the cost of your meal at the restaurant. Meet at the Senior Center at 11:30 am.

## WII™ AT THE NEEDHAM SENIOR CENTER!

**Wednesday, June 10th and 24th • 10:30 am**

At the Needham Senior Center

*Sign-up is required. There is no fee for this program.*

Here is your chance to give Wii™ a try or simply see what it's all about. A fast-growing number of Senior Centers are loving the benefits of the Nintendo® craze called "Wii™". The Wii™ sports program includes virtual tennis, golf, baseball, bowling and boxing. Players hold a wireless controller that detects three-dimensional motion as they execute the same arm movement they would employ if swinging a racket or bat, rolling a ball, or throwing a jab. The simulated action is played out on a television screen.

## BETTER BALANCE BEGINS ON JUNE 10TH

**Wednesdays • 2:30 pm**

At the Needham Senior Center

*Sign-up is required, call 781-455-7555.*

*A total payment of \$50 is due on the first day of class.*

Have fun while learning to improve your balance and prevent falls. Using balls, bands and weights, this class will help improve your balance, posture, flexibility, strength and endurance and decrease stress. Cost for the 8 week class is \$50.

## YOGA IN THE AFTERNOON WITH SANDI LEVY

**An 8-week class • Tuesdays at 3:10 pm**

**Begins on June 30th**

At the Needham Senior Center

*Sign-up is required, call 781-455-7555.*

*A total payment of \$32 is due on the first day of class.*

This class is designed for basic and intermediate levels. Students need to bring a sticky mat (can be purchased at most sporting goods stores), and a small blanket. Participants can expect to be doing yoga seated on the floor with the use of a mat with some standing poses as well. Please wear comfortable clothes and don't eat a big meal beforehand. Class is NOT a women-only venture. Men are welcome! Sandi Levy is certified as a Viniyoga Yoga teacher and her classes are geared toward the older adult. Currently she also teaches at Brandeis' Lifelong Learning Institute, JCC of Newton, and the Dedham Racquet Club. The instructor loves yoga, feels it is magical and hopes to impart this love of yoga to her students. But she never expects you to contort into a pretzel!

## FATHER'S DAY BREAKFAST FOR THE MEN

**Thursday, June 18th  
9:30 am**

At the Needham Senior Center

*Sign-up is required. There is no fee for this program.*

Please join us as we celebrate Father's Day with a complete breakfast especially for you! You will enjoy your pancakes, sausages, scrambled eggs, biscuits and home fries. In advance, we thank Wingate Nursing Home for sponsoring this event.

## NEW COUPLES BRIDGE

At the Needham Senior Center

Are you interested in playing bridge with other couples? If yes, for further information including dates and times call Sherry Jackson, Associate Director, 781-455-7555 ext.205

## SUDOKU

**Wednesday, June 10th  
at 1:00 pm**

**Friday, June 26th  
at 9:30 am**

At the Needham Senior Center

*Sign-up is required. There is no fee for this program.*

Please join on either or both days to learn how to solve a Sudoku puzzle. The modern puzzle, which is often seen in newspapers and magazines, was invented in 1979 by Howard Garns, an American architect. Although originally called "Number Find" it's now more commonly known as its Japanese name Sudoku, which means 'number addiction'. It may be an addiction you will enjoy!



## MAH JONG CLASS

For dates, times and location call the Needham Senior Center at 781-455-7555.

Interested in learning how to play mah jong? It is a strategic game, and once you have learned the rules, you will know if this game is for you. Cost for all 4 classes is \$20.

## THE WALKING CLUB

If you walk two to four miles, a couple of days a week, then this walking club is for you. Our walks are designed to offer variety. You will have an opportunity to walk with other walking clubs. We will also explore trails outside the local area, offering transportation via our van. To sign-up, call Sherry at the Needham Senior Center, 781-455-7555.

## THE WALKING PALS PROGRAM

Would you like to have company on your walks? We will match you with two others who walk your pace and coincide with your schedule. To sign-up, call Sherry at the Needham Senior Center, 781-455-7555.

## COMPASS LABELING AND COLLATING

**Tuesday, June 23rd  
9:15am**

At the Needham Senior Center  
Please join us for a morning of light work and good fun, as we get the newsletter ready for mailing!

## BOUTIQUE UPDATE

When you are cleaning for the summer, please don't forget the Senior Center Boutique. We are looking for NEW re-gifted items and hand crafted items. Thank you.

## LUNCH AND LEARN TIMES TWO

At the Needham Senior Center

**Sign-up is required. There is no fee for the following two programs.**

This month we will be bringing you two new professional lectures about specific health related topics. A tasty lunch will be served after each lecture and you will have an opportunity to ask questions on a one to one basis with the presenter.

### QPR: QUESTION, PERSUADE AND REFER

**Monday, June 15th • 12:00 pm**

**Sign-up is required.**

The Needham Suicide Prevention Coalition is offering a program called "QPR – Question, Persuade, and Refer" QPR stands for Question, Persuade, and Refer – QPR represents 3 simple steps that anyone can learn to help save a life from suicide. Just as people trained in CPR and the Heimlich Maneuver help save thousands of lives each year, people trained in QPR learn how to recognize the warning signs of a suicide crisis and how to question, persuade, and refer someone to help. You will learn to recognize the warning signs of suicide, know how to offer hope, and know how to get help and save a life.

### THE EYE OVER TIME

**Tuesday, June 30th • 12:00pm**

**Sign-up is required.**

Dr. Harriet Dann will provide an interesting lecture about the "eye over time" and innovations in Cataract surgery. Dr. Dan is a board certified Ophthalmologist in practice since 1984. She currently owns and operates Suburban Eye Specialists delivering eyecare in Needham, Norwood, and Jamaica Plain. She is a Wellesley College Graduate. She also attended Harvard University and Tufts School of Medicine and completed her Residency at Washington University.

## SENIOR STRENGTH EXERCISE CLASS

**Mondays, 10:15 • Begins June 8th**

At the Needham Senior Center

**Sign-up is required. A total payment of \$32 is due on the first day of class.**

This exercise class is designed to accommodate mature individuals of various fitness levels. This seated class will begin with a thorough warm-up followed by strength training exercises for all the major muscle groups of the body using light hand weights and conclude with gentle stretching exercises to increase flexibility and reduce muscle tension.

## CHAIR VOLLEYBALL

**For June Dates and Times Call 781-455-7555**

Offsite Location: Avery Crossings Assisted Living

**Sign-up is required, call 781-455-7555. There is no fee for this program.**

If you want to have great fun and combine it with exercise, play chair volleyball. Chair volleyball is one of the newest popular programs around. It is for older adults of all activity levels. For further information, please contact Sherry Jackson, 781-455-7555. We thank Avery Crossings for hosting this program.

**Please Note** The Needham Council on Aging and Senior Center does not receive funding for recreational programming. Although most of our programs are free, some programs have costs in an effort to meet the overall expenses for all programs. Please note, that if you cannot afford a class, we will always offer scholarships.

**NEW  
LOCATION**

## BACK BY POPULAR DEMAND JEWELRY MAKING WORKSHOP WITH DANNY

**Monday, June 1st • 1:30 pm**

At the Needham Senior Center

***Sign-up is required. There is no fee for the class unless you decide to purchase your item; prices are listed below.***

Danny Goldstein is a Jewelry Designer with over 40 years experience. Currently, he teaches jewelry making classes to students of all ages. How it works: at the workshop, you will be able to choose from different beads and other pieces to make bracelets, earrings or necklaces. When you finish your jewelry piece, if you choose, you may purchase the items or simply leave it behind with no cost to you. Bracelets are \$5.00, earrings are \$3.00 and necklaces are \$10.00. All ages welcome.

## BALLROOM DANCING LESSONS, "SWING," A 4-WEEK CLASS

**Tuesdays, 2:00-3:00 pm • June 2, 9, 16, 23**

Location: Offsite: Charles River YMCA at 380 Chestnut Street

***Sign-up is required, call 781-455-7555.***

***A total payment of \$16 is due on the first day of class.***

The Council on Aging would like to thank the Needham YMCA for letting us use this space in order to hold this wonderful program. The cost is \$16 for all four sessions. Please wear shoes that allow movement on a wood floor – not rubber soles. If you are a new student, to sign-up, call Sherry Jackson at the Needham Senior Center, 781-455-7555.

## SONGSTERS UPDATE

The Songsters have completed their schedule for the Spring. We have performed at several Nursing Homes during the past month, and sang for one very special elder who celebrated her 104th birthday! We are finished for the summer but we are most anxious to recruit some new members. We have lost some folks to attrition and are hoping to build up our numbers again. All are welcome, as long as you can read music and carry a tune, we'd love to have you join our Senior Center Songsters and we need both women and men to join us in the fall when we reconvene. Please put this on your calendar and make some music with us in the fall.

## VOLUNTEERS SOUGHT:

**Meal site Volunteer: Tues., Wed., Thurs. 10:00am – 12:30pm**

**Friendly Visitors**

**Parent/Child Morning Pastry preparer & visitor**

**Assistant to tidy up at the end of each weekday from 3-4pm**

## DID YOU KNOW?

VOLUNTEERS are needed for our Friendly Visitor Program to provide companionship to homebound elderly by visiting in the home to reduce loneliness and improve quality of life. Additional activities may include (at the discretion of the volunteer) letter reading & writing, telephone reassurance, activities & crafts, and respite care for families. Please contact Paula Angell at the Needham Senior Center, 781-455-7555.

## HELP THE FRIENDS SAVE \$\$\$ ON PAPER AND POSTAGE!!

Sign-up today to receive your Compass by email. Please contact Sherry Jackson at 781-455-7555 or [sjackson@town.needham.ma.us](mailto:sjackson@town.needham.ma.us).

## FRIENDS OF NEEDHAM ELDERLY 2009 MEMBERSHIP/ DONATION FORM

Name: \_\_\_\_\_

Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

Membership for 2009 \$25.00

Donation \$ \_\_\_\_\_

Memorial\* \$ \_\_\_\_\_

(Please see below)

Total Enclosed \$ \_\_\_\_\_

\*Name of Deceased  
\_\_\_\_\_

If acknowledgement to family is desired, please provide the following information:

Name of Deceased Family and Address  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Please make checks payable to: Friends of Needham Elderly and mail to: FONE, 83 Pickering Street, Needham, MA 02492. Questions? Please send inquiries to [needhamfone@comcast.net](mailto:needhamfone@comcast.net).

## CREATIVE WRITING GROUP

**Tuesdays 10:30 am**

**June 9th and 23rd**

Needham Council on Aging

Write your memoirs or try your hand at creative writing. This writing group is for all levels. The class is not about using proper grammar. It is about capturing memories or stories on paper and most of all having fun. The class meets on the 2nd and 4th Tuesdays of the month.



COUNCIL  
ON AGING

Needham

STEPHEN PALMER  
SENIOR CENTER  
83 Pickering Street  
Needham, MA 02492  
781-455-7555

SENIOR CENTER  
DROP-IN HOURS:  
9:00 am - 4:00 pm  
Monday thru Friday

## THE ELDER ABUSE HOTLINE

To report or ask questions about suspected abuse of an elder, please call the hotline at, 1-800-922-2275. For more info. call the Needham Senior Center at 781-455-7555.

## SHINE UPDATE MEDICARE AND LONG-TERM CARE

Medicare Doesn't Pay if You Only Require this Type of "Custodial Care." Medicare does pay if there is a need for skilled care. This can be in a skilled nursing facility or at home, but you must meet certain conditions and it is only for a limited time.

Long-term care is expensive and therefore it is important to plan ahead. There are several ways to pay for long-term care. While some people choose to purchase long-term care insurance (LTCI), others do not. LTCI can be expensive. Premiums are based on your age and health when you buy a policy as well as the level of coverage, benefits and options you choose. If you have very limited income and assets, LTCI is probably not for you.

MassHealth (Massachusetts Medicaid) is a State and Federal Government program that pays for certain health services and nursing home care for people with low incomes and limited assets. MassHealth also pays for some long-term care services at home and in the community. Eligibility is based on your income and assets. SHINE counselors can help you understand MassHealth eligibility requirements. The SHINE Program provides free, confidential counseling on all aspects of health insurance to anyone on Medicare. Call your senior center, 781-455-7555 and ask for an appointment.

## UNDERSTANDING LONG-TERM CARE

Long-term care refers to services required by people who are limited in their ability to function independently. Long-term care helps people with "activities of daily living" like dressing and bathing. Long-term care can be given at home, in a nursing home, adult day care center or other facility, and involves both skilled and unskilled care.

## MOVIES AT THE NEEDHAM SENIOR CENTER

### MONDAYS

**June 22nd**

"Orchestra Wives" with the real  
Glynn Orchestra and his group,  
1942

**June 29th**

"Mermaids", 1990

### FRIDAYS

**June 5th**

"Dames", 1934

**June 12th**

"Les Grandes Manoeuvres, 1955

**June 26th**

"The Rain Maker", 1997

**KEEP YOUR LIFE SAVINGS  
SAFE FOR LIFE.**

**Needham Bank**

YOUR FUTURE. OUR FOCUS.

MEMBER FDIC  
MEMBER SIF



NEEDHAMBANK.COM 781-444-2100

**SOSTEK**  
HOME CARE

617-244-8560

www.SostekHomeCare.com



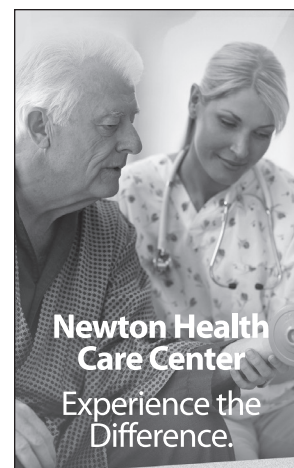
**Avery Manor**

An Affiliate of Kindred Healthcare  
100 West Street • Needham, MA 02494  
www.averymanor.com

For more information or a tour of our  
facility please contact the Admission  
Director at 781-234-6300.

We specialize in

- Short-term Rehab/Orthopedic Program with 3800 sq ft of Rehab space/PT, OT and Speech Therapy Services up to 7 days per wk including a new Wii program
- Large Private and Semi-Private Rooms
- Also Offering: Long-Term Care, Secured Dementia Unit



**Newton Health  
Care Center**  
Experience the  
Difference.

The short-term Orthopedic Rehabilitation program at Newton Health Care Center is the area's choice for sub-acute rehabilitation care.

Directed by our highly-skilled medical staff and supported by an experienced team of rehabilitation professionals the team at Newton is committed to your recovery.

**Call today or stop in  
for a tour!**

**Newton**  
Health Care Center

2101 Washington Street  
Newton, MA 02462  
617.969.4660



# JUNE 2009

| MONDAY                                                                                                                                                                                                                                                                                                                                                      | TUESDAY                                                                                                                                                                                                                                                                                                                                                                            | WEDNESDAY                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | THURSDAY                                                                                                                                                                                                                                                                                                                                                                                                          | FRIDAY                                                                                                                                                                                                                                                                                                       |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>1</b><br>9-4 Pool<br><b>9:00 Tai Chi Class</b><br><b>10:00 Walking Club</b><br><b>10:15 Exercise with Pearl</b><br><b>11:30 Lunch Bunch: Chateau, Norwood</b><br><b>11:45 Lunch:</b> Baked Macaroni and Cheese or Roast Beef and Cheese on Lettuce Leaf<br>1:00 Bridge – Men<br><b>1:30 Jewelry Design Workshop</b>                                      | <b>2</b><br>9-4 Pool<br>9:00 Spanish Class<br>9:15 Bridge – Women<br>9:15 Yoga<br>10:30 Current Events<br><b>11:45 Lunch:</b> Pot Roast or Chicken Patty Sandwich<br>12:15 Ping Pong<br>1:00 Bridge – Men<br>1:00 Cribbage – Women<br><b>2:00 Ballroom Dancing #1</b><br><b>2:00 Arthritis Exercise with Lisa</b><br><b>3:10 Yoga</b>                                              | <b>3</b><br>9-4 Pool<br>9:00 Keep Well Clinic<br>10:00 Hearts Card Game<br>10:30 Art Appreciation #3<br><b>11:45 Lunch:</b> Breaded Chicken with Noodles or Tuna Salad Sandwich<br>1:00 Bridge – Men<br><b>1:00 Learn to Speak Hindi, Beginner Level</b><br>2:30 Better Balance                                                                                                                                                                                                                                                         | <b>4</b><br>9-4 Pool<br><b>9:30 Piano Lessons</b><br>10:00 Knitting<br>10:00 Whist<br><b>11:45 Lunch:</b> Pork Rib or Turkey and Cheese Sandwich<br><b>12:00 Computer Lessons</b><br>12:15 Ping Pong<br>1:00 Bridge – Duplicate<br>1:00 Cribbage – Men<br><b>2:00 Exercise with Lisa #1</b>                                                                                                                       | <b>5</b><br>9-4 Pool<br><b>9:15 Exercise with Pearl</b><br>9:15 Quilting<br><b>11:45 Lunch:</b> Salmon or Chicken Salad Sandwich<br><b>12:00 Computer Lessons</b><br>1:00 Board Games: Mah Jong, Scrabble, Canasta, etc.<br>1:00 Bridge – Men<br>1:00 Movie: <i>Dames</i> , 1934                             |
| <b>8</b><br>9-4 Pool<br><b>9:00 Tai Chi Class</b><br><b>10:00 Walking Club</b><br><b>10:15 Exercise with Pearl</b><br><b>11:30 Lunch Bunch: Legal Seafood, Chestnut Hill</b><br><b>11:45 Lunch:</b> Beef Stew or Ham and American Cheese on Rye Bread<br>1:00 Bridge – Men<br>1:30 Book Review “The Red Leather Diary” by Lily Koppel                       | <b>9</b><br>9-4 Pool<br>9:00 Spanish Class<br>9:15 Bridge – Women<br>9:15 Yoga<br>10:30 Creative Writing<br><b>11:45 Lunch:</b> Hot Dog or Roast Beef and Cheese Sandwich<br>12:15 Ping Pong<br>1:00 Bridge – Men<br>1:00 Cribbage – Women<br><b>2:00 Ballroom Dancing #1</b><br><b>2:00 Arthritis Exercise with Lisa</b><br><b>3:10 Yoga</b>                                      | <b>10</b><br>9-4 Pool<br>10:00 Hearts Card Game<br>10:30 Wii™<br><b>11:45 Lunch:</b> Roast Turkey dinner or Seafood Salad over lettuce<br>1:00 Bridge – Men<br><b>1:00 Learn to Speak Hindi, Beginner Level</b><br>1:00 Sudoku<br>2:30 Better Balance                                                                                                                                                                                                                                                                                   | <b>11</b><br>9-4 Pool<br><b>9:30 Piano Lessons</b><br>10:00 Knitting<br>10:00 Whist<br><b>11:45 Lunch:</b> Clam Chowder and Breaded Fish or California Chicken Salad on Lettuce<br><b>12:00 Computer Lessons</b><br>12:15 Ping Pong<br>1:00 Bridge – Duplicate<br>1:00 Cribbage – Men<br><b>2:00 Exercise with Lisa #1</b>                                                                                        | <b>12</b><br>9-4 Pool<br><b>9:15 Exercise with Pearl</b><br>9:15 Quilting<br><b>11:45 Lunch:</b> Chicken or Turkey Salad on Lettuce<br><b>12:00 Computer Lessons</b><br>1:00 Board Games: Mah Jong, Scrabble, Canasta, etc.<br>1:00 Bridge – Men<br>1:00 Movie: <i>Les Grandes Manoeuvres</i> , 1955         |
| <b>15</b><br>9-4 Pool<br><b>9:00 Tai Chi Class</b><br><b>10:00 Walking Club</b><br><b>10:15 Exercise with Pearl</b><br><b>11:30 Lunch Bunch: The Wok, Wellesley</b><br><b>11:45 Lunch:</b> Salisbury Steak or Breaded Chicken Patty<br><b>12:00 Lunch and Learn: QPR: Question, Persuade and Refer</b><br>1:00 Bridge – Men<br><b>1:00 Chair Volleyball</b> | <b>16</b><br>9-4 Pool<br>9:00 Spanish Class<br>9:15 Bridge – Women<br>10:30 Current Events<br><b>11:45 Lunch:</b> Baked Fish or Turkey and Cheese Sandwich<br>12:15 Ping Pong<br>1:00 Bridge – Men<br>1:00 Cribbage – Women<br><b>2:00 Ballroom Dancing #1</b><br><b>2:00 Arthritis Exercise with Lisa</b><br><b>3:10 Yoga</b>                                                     | <b>17</b><br>9-4 Pool<br>9:00 Keep Well Clinic<br>10:00 Hearts Card Game<br><b>11:45 Lunch:</b> Dijon Chicken or Egg Salad Sandwich<br>1:00 Bridge – Men<br><b>1:00 Learn to Speak Hindi, Beginner Level</b><br>2:30 Better Balance                                                                                                                                                                                                                                                                                                     | <b>18</b><br>9-4 Pool<br><b>9:30 Father's Day Breakfast for the Men</b><br>10:00 Knitting<br>10:00 Whist<br><b>11:45 Lunch: Father's Day Special:</b> Beef Rolandine, Baked Potato, Ratatouille, Strawberry Cheesecake Cup with topping<br><b>12:00 Computer Lessons</b><br>12:15 Ping Pong<br>1:00 Bridge – Duplicate<br>1:00 Cribbage – Men<br><b>2:00 Exercise with Lisa #1</b><br><b>No Piano Class Today</b> | <b>19</b><br>9-4 Pool<br><b>9:15 Exercise with Pearl</b><br>9:15 Quilting<br><b>11:45 Lunch:</b> Stuffed Peppers or Tuna Salad Sandwich<br><b>12:00 Computer Lessons</b><br>1:00 Board Games: Mah Jong, Scrabble, Canasta, etc.<br>1:00 Bridge – Men<br><b>1:30 Entertainment Live with Ron Goldman</b>      |
| <b>22</b><br>9-4 Pool Tournament<br><b>9:00 Tai Chi Class</b><br><b>10:00 Walking Club</b><br><b>10:15 Exercise with Pearl</b><br><b>11:45 Lunch:</b> Breaded Fish or Egg Salad Sandwich<br>1:00 Bridge – Men<br>1:00 Movie: <i>Orchestra Wives</i> , 1942                                                                                                  | <b>23</b><br>9-4 Pool<br>9:00 Spanish Class<br>9:15 Compass Collating<br>9:15 Bridge – Women<br>10:30 Creative Writing<br><b>11:45 Lunch:</b> BBQ Chicken or Chef's Salad<br>12:15 Ping Pong<br>1:00 Bridge – Men<br>1:00 Cribbage – Women<br><b>2:00 Ballroom Dancing #1</b><br><b>2:00 Arthritis Exercise with Lisa</b><br><b>3:10 Yoga</b>                                      | <b>24</b><br>9-4 Pool Tournament<br>10:00 Hearts Card Game<br>10:30 Wii™<br><b>11:45 Lunch:</b> Pot Roast or Chicken Salad Sandwich<br>1:00 Bridge – Men<br><b>1:00 Learn to Speak Hindi, Beginner Level</b><br>2:30 Better Balance                                                                                                                                                                                                                                                                                                     | <b>25</b><br>9-4 Pool<br><b>9:30 Piano Lessons</b><br>10:00 Knitting<br>10:00 Whist<br><b>11:45 Lunch:</b> Baked Ziti or Roast Beef and Cheese<br><b>12:00 Computer Lessons</b><br>12:15 Ping Pong<br>1:00 Bridge – Duplicate<br>1:00 Cribbage – Men<br><b>2:00 Exercise with Lisa #1</b><br><b>TRIP TO ESSEX</b>                                                                                                 | <b>26</b><br>9-4 Pool<br><b>9:15 Exercise with Pearl</b><br>9:15 Quilting<br>9:30 Sudoku<br><b>11:45 Lunch:</b> Meatloaf or Seafood Salad on a Roll<br><b>12:00 Computer Lessons</b><br>1:00 Board Games: Mah Jong, Scrabble, Canasta, etc.<br>1:00 Bridge – Men<br>1:00 Movie: <i>The Rain Maker</i> , 1997 |
| <b>29</b><br><b>9:00 Tai Chi Class</b><br><b>10:00 Walking Club</b><br><b>10:15 Exercise with Pearl</b><br><b>11:30 Lunch Bunch: Aegean, Framingham</b><br><b>11:45 Lunch:</b> Aloha Chicken or Turkey and Cheese Sandwich<br>1:00 Bridge – Men<br>1:00 Movie: <i>Mermaids</i> , 1990                                                                       | <b>30</b><br>9-4 Pool<br>9:00 Spanish Class<br>9:15 Bridge – Women<br>10:30 Current Events<br><b>11:45 Lunch:</b> Stuffed Shells or Ham and Cheese Sandwich<br><b>12:00 Lunch and Learn: The Eye Over Time</b><br>12:15 Ping Pong<br>1:00 Bridge – Men<br>1:00 Cribbage – Women<br><b>2:00 Ballroom Dancing #1</b><br><b>2:00 Arthritis Exercise with Lisa</b><br><b>3:10 Yoga</b> | <b>CALENDAR OF PROGRAMS AND EVENTS</b><br>Needham Council on Aging and Senior Center<br>83 Pickering Street • Needham, MA 02492<br>781-455-7555 • www.needhamma.gov<br><b>Offsite Locations of Programs</b><br>#1 Charles River YMCA • 380 Chestnut Street<br>#2 Needham Public Library • 1139 Highland Avenue<br>#3 Avery Crossings Assisted Living • 110 West Street<br>#4 Baptist Church • 858 Great Plain Ave.<br>#5 NHA Community Room • 1 Chambers Street<br><b>Please Note: Items in bold indicate that sign-up is required.</b> |                                                                                                                                                                                                                                                                                                                                                                                                                   |                                                                                                                                                                                                                                                                                                              |



**Relax and Enjoy**  
Healthy Foods at  
**Roche Bros.**  
*Your family deserves the best.*

## CR Louise Condon Realty, Inc.

"Needham's Home Town Brokers"™

**781-449-6292**

399 Chestnut Street • Needham, MA 02492 • [www.condonrealty.com](http://www.condonrealty.com)



**BRIARWOOD HEALTHCARE  
& REHABILITATION CENTER**  
AT 150 LINCOLN STREET

◆ An Eden Alternative Registered Home

◆ Family Owned and Operated ◆ Secured Alzheimer's Program

◆ Short Term Rehabilitation ◆ Long Term Care

**781-449-4040**

### **GRISWOLD SPECIAL CARE** Home Care

for Seniors, for the disabled  
and for the convalescent

[www.griswoldspecialcare.com](http://www.griswoldspecialcare.com)

**(781) 449-0402**

**Martha M. McMahon, ABR, SRES®**  
Seniors Real Estate Specialist

**(781) 446-7656**

[martha.mcmahon@nemoves.com](mailto:martha.mcmahon@nemoves.com)

*One Chapel Street  
Needham, MA 02492*



WHEN LIVING AT HOME IS NO LONGER AN OPTION, WINGATE IS THE NEXT BEST THING.

Short-Term Rehabilitation • Long-Term Care

### **WINGATE AT NEEDHAM**

589 HIGHLAND AVE., NEEDHAM, MA 02494

1-800-WINGATE • [WINGATEHEALTHCARE.COM](http://WINGATEHEALTHCARE.COM)



WHERE HEALTHCARE  
AND HOSPITALITY MEET

### **Council on Aging Board Members**

Susanne Hughes  
*Chairman*

Carol deLemos  
*Vice Chair*

Roma Jean Brown

James Dolan

Dan Goldberg

Risa Greendlinger

Helen Hicks

Andrea Rae

Colleen Schaller

Derrek Shulman

Nina Silverstein

Mary Elizabeth Weadock

**VISIT US ONLINE AT:**  
**[www.needhamma.gov](http://www.needhamma.gov)**

Read this newsletter in your choice of easy-to-read formats.

## **FRIENDS OF THE NEEDHAM ELDERLY, INC.**

83 Pickering Street  
Needham, MA 02492

NON-PROFIT  
ORGANIZATION  
U.S. POSTAGE PAID  
PERMIT # 54486